

DRINKS DIARY – HOW MUCH ARE YOU DRINKING?

EXAMPLE	What did I drink/How much?	Where, who with and time?	Units	Feelings/Events/Cravings?
MON	Single vodka and lemonade Pint of higher-strength lager	At home, by self at 3pm	4	Lonely and bored. Argument with partner, when argue I usually drink
TUES				
WEDS				
THURS				
FRI				
SAT				

Looking at your week, how could you make some positive changes?

Some ideas might include: • Reducing by 1-2 drinks • Drinking in places which will help me to keep in control • Choose a drink with a lower alcohol content

DRINKS DIARY – use the table below to monitor your drinking

SUN				
	What did I drink/How much?	Where, who with and time?	Units	Feelings/Events/Cravings?
MON				
TUES				
WEDS				
THURS				
FRI				

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DRINKS DIARY

SAT				
SUN				

How much have you been drinking? – Follow this easy unit guide:



- 1 unit:** Small glass of red/white/rose wine (125ml, ABV 12%)
- 2.1 units:** Standard glass of red/white/rose wine (175ml, ABV 12%)
- 3 units:** Large glass of red/white/rose wine (250ml, 12%)



- 1.5 units:** Bottle of alcopop (275ml, ABV 5.5%)



- 1 unit:** Single small shot of spirits (25ml, ABV 40%)
- 1.4 units:** Large single measure of spirits (35ml, ABV 40%)

DRINKS DIARY – use the table below to monitor your drinking



2 units: Pint of lower-strength lager/beer/cider (ABV 3.6%)

3 units: Pint of higher-strength lager/beer/cider (ABV 5.2%)



1.7 units: Bottle of lager/beer/cider (330ml, ABV 5%)

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TUES				
WEDS				

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DRINKS DIARY



THURS				
FRI				
SAT				
SUN				